

# 60 ways to encourage active play



## **Toys under \$5**

1. Bubbles
2. Jump rope
3. Sidewalk chalk
4. Marbles
5. Jacks
6. SuperBall
7. Yo-yo
8. Water squirters

## **Toys and games for little kids**

9. Duck, Duck, Goose
10. Hide and Seek
11. Tee ball
12. Mini-basketball hoop
13. Toys to ride on
14. Shovels and pails for sand (and dirt!) play
15. Sit 'n Spin

## **Toys kids can play with alone**

16. Stilts (can be made out of large cans and string)
17. Hula Hoop
18. Ball you hop on
19. Punching ball or bop bag
20. Rocking horse
21. Pogo stick
22. Skip-It—wear it on your ankle and it counts how many times you jump
23. Jar or box for catching bugs
24. Butterfly net
25. Rope tied to a tree to swing from
26. Little Tikes disc swing (will also tie to a tree branch)

## **Toys and games to enjoy with brothers, sisters, and friends**

27. Big rubber ball
28. Water balloons
29. Twister

- 30. Toy bowling set
- 31. Frisbee
- 32. Frisbee also makes golf, bowling, and horseshoe games
- 33. Koosh "Catcher" and "Paddle Ball" sets
- 34. Toss Across (a tic-tac-toe game)
- 35. Stomp rocket
- 36. Wading pool
- 37. Walkie-talkies
- 38. Badminton
- 39. Croquet
- 40. Wagon
- 41. Bocce ball
- 42. Sprinkler to run in

#### **Easy games for older kids**

- 43. Hopscotch
- 44. Hide and Seek
- 45. Tag

#### **Toys for activity in small spaces**

- 46. Nerf basketball
- 47. Small trampoline
- 48. Velcro dart board
- 49. Jump rope and book of jump-rope rhymes

#### **Toys that require a helmet and knee and elbow pads**

- 50. Scooter
- 51. Roller blades
- 52. Roller skates
- 53. Skateboard
- 54. Bike

#### **Books to inspire games and activities**

- 55. *Let's Go Outside! Outdoor Activities and Projects to Get You and Your Kids Closer to Nature.* Jennifer Ward, Roost Books.
- 56. *101 Offline Activities You Can Do With Your Child.* Steve and Ruth Bennett, BPT Press.
- 57. *Beach Games for Kids: Children's Games for Family Vacation Fun in the Sand.* Dan Defigio, Iron Ring Publishing.
- 58. *The 175 Best Camp Games.* Kathleen, Laura, and Mary Fraser, Boston Mills Pres.
- 59. *Cool Jump Rope Tricks You Can Do!* David Fisher, Meadowbrook.
- 60. *Unplug and Play: 50 Original Group Games That Don't Need Charging.* Brad Berger, Familius.